



***Vermont State Employees' Wellness Program
2022 Flu/Covid Immunizations for Vermont State Employees/Retirees***

1. [What will be different about this year's clinics?](#)
2. [Who is and is not eligible?](#)
3. [How do I schedule an appointment?](#)
4. [What information do I need to register?](#)
5. [Do you need my health insurance number?](#)
6. [What do I need to bring to my appointment?](#)
7. [Do I need to use leave or sick time to attend?](#)
8. [Is there a cost to me for the shot?](#)
9. [Will you accept walk-ins?](#)
10. [How do I cancel my appointment date and/or time?](#)
11. [How do I reschedule my appointment date and/or time?](#)
12. [Is my information secure?](#)
13. [Does this vaccine have the mercury-based preservative called thimerosal?](#)
14. [What type of vaccine am I getting?](#)
15. [Who is administering the vaccines?](#)
16. [Where else can I get a shot for myself or my family?](#)
17. [If I am over age 65, should I be getting a high-dose flu shot?](#)
18. [Does the CDC recommend one vaccine above another for people 65 and older?](#)
19. [Where can I find more information?](#)

1. What will be different about this year's clinic?

- Masks will be optional for employees and retirees attending a State-sponsored flu clinic. We do recommend wearing one to protect our most vulnerable employees and retirees. We will be following State guidelines as to masking and distance.
- We will be offering the Pfizer bivalent Covid vaccine booster at these clinics. These boosters are authorized to be given as a single dose at least two months after a primary or booster vaccine.
- If you are uncomfortable getting a flu or Covid booster at a State-sponsored clinic, or need to get your primary Covid vaccine, you can get a one at most larger pharmacies. You should call for an appointment and verify that they have the vaccine you are looking for and that they accept your pharmacy insurance (Express Scripts for the State). If it is not the pharmacy you regularly use, then you should bring your pharmacy card. The shot is 100% covered by your State of VT health insurance. However, some providers charge for the administration of the shot. Check with your provider's office before your appointment.
- **Preregistration is strongly advised to get a shot at a State of VT clinic.** We will do our best to accommodate walk-ins, but due to supply and our priority to keep employees and retirees safe, we may need to limit or turn away walk-ins.
- Please come just before your appointment time to allow for physical distancing and to avoid groups of people gathering.
- Pharmacy staff at the clinic will be wearing appropriate PPE (Personal Protective Equipment) and will be sanitizing certain work areas more frequently.

2. Who is and is not eligible?

- All active permanent, retired, and temporary VT state employees
- Employees of the VSEA, Arts Council, Historical Society and Sheriffs and State's Attorney
- Contracted and agency employees who work at the VPCH only
- **Not eligible:** teachers, spouses, dependents, agency employees, and contractors (other than VPCH)

3. How do I schedule an appointment?

- You can register online at www.kinneydrugs.com/livewellvermont
- If you do not have computer access, you can register by phone at:
1-855-Flu-Fite (358-3483) M-F: 8 AM – 4:30 PM

4. What information do I need to register?

The required fields of information are as follows:

- Clinic Location, Date and Time
- Name (First and Last)
- Phone Number
- Email Address (Required for online registration. If you do not have an email address, please use: DHR.LiveWellVermont@vermont.gov)
- Address
- Gender as noted with your pharmacy insurance provider
- Date of Birth
- Employment Status: Active, Retired or Temporary (SOV), or Contractor with VPCH
- Employee ID # (Required for Active and SOV Temporary employees only)
- Insurance Information
 - Please bring your pharmacy insurance card with you to your appointment.

- If you have Express Scripts and BCBSVT with State of VT as your employer, choose “Yes”. You do not need to upload an image of your State’s pharmacy insurance card or fill in any of the information from your card.
 - If you are retired and over age 65 and your primary insurance is Medicare, skip down to the Medicare section and fill in your Medicare number.
 - If you do not have BCBSVT with the State or Medicare, choose “No” and either upload an image of the front and back of your pharmacy insurance card or fill in the specific text fields with the information from your card.
- Click “Complete Registration”. Once you complete your appointment, you will get a confirmation email which gives you links to our Wellness Program Flu webpage, where you will find the Influenza Vaccine Information Sheet (VIS), Clinic Directions and this FAQ. You can also change or cancel your appointment from this confirmation email.
 - You can also add your appointment to your iCal, Outlook, or Google calendar after you complete your registration or from your confirmation email.

5. Do you need my 3rd party health/pharmacy insurance number, such as Medicare, Tricare, CIGNA, MVP, BCBSVT through another entity, etc.?

- Our vendor, Kinney Drugs, is a designated health provider and is approved to bill Medicare/Tricare and all other insurance companies for vaccines. Kinney staff needs the appropriate information from your card to bill for your shot(s).
- If you have BCBSVT through the State, we don’t need your individual number. Since the State is self-insured, we pay for all shots given at State of Vermont clinics to covered State employees and retirees through the medical plan.

6. What do I need to bring to my appointment?

- Please bring a face covering with you to your appointment if you feel the need to wear one. We will have a small supply of face masks available if you forget to bring yours with you.
- Anyone with health/pharmacy insurance other than BCBSVT through the State should bring their cards to the clinic. This includes, but may not be limited to, Medicare, CIGNA, MVP, Tricare/Martin’s Point, Health Connect, and BCBSVT through another organization or entity. We need the insurance/ID numbers from your pharmacy provider’s card to correctly bill for your shot.
- Please bring or wear a short-sleeve shirt for easier access to your upper arm.

7. Do I need to use leave or sick time to attend?

- Active and temporary employees can attend on paid “state work time.” There will be no mileage reimbursement. Please coordinate with your supervisor/manager to attend.

8. Is there a cost to me for the shot?

- There are NO out-of-pocket expenses or co-pay for eligible participants. Your insurer will be billed by our vendor, Kinney Drugs, for eligible employees. If your insurance charges you a copay or deductible for the vaccine, please contact LiveWellVermont@vermont.gov or call 802-828-7308. Kinney will reverse the entire charge and the State will pay for your shot. The only exception is for Contracted or Agency staff at the VPCH, who will be responsible for any additional charges.

9. Will you accept walk-ins?

- Possibly. Depending on Covid restrictions and State recommendations and guidelines, we may need to maintain physical distance and prevent people crowding. If that is the case, walk-ins may be limited or turned away. There also may be limited supplies of vaccine and those with appointments will take priority. We strongly advise that you guarantee your shot and protect everyone by pre-registering for a specific day and time

10. How do I cancel my appointment date and/or time?

- If you registered online, your confirmation email has a link for you to cancel your appointment. You can also cancel by phone through the registration number at 1-855-Flu-Fite (358-3483).

11. How do I reschedule my appointment date and/or time?

- If you registered online, your confirmation email has a link for you to reschedule your appointment. You can reschedule either online or the phone registration number at 1-855-Flu-Fite (358-3483).

12. Is my information secure?

- All client information is protected under strict HIPAA privacy regulations and the website is SSL secured.

13. Does this vaccine have the mercury-based preservative called thimerosal?

- Yes. Multi-dose vials have a small amount of thimerosal to prevent contamination and growth of potentially harmful bacteria. We will have a limited supply of thimerosal preservative-free vaccine available for anyone who is allergic, pregnant, or breastfeeding. If thimerosal-free vaccine is not available, pregnant, and breastfeeding women can receive any of the other options per CDC guidelines. The High-dose or Adjuvanted Quadrivalent vaccines for people ≥ 65 come as single dose and are thimerosal preservative-free.

14. What type of vaccine am I getting?

- For 2022, we will have quadrivalent and quadrivalent high-dose or adjuvanted influenza vaccines for anyone age 65 or older. We will also have a limited supply of thimerosal-free quadrivalent for anyone who is allergic, pregnant, or breast-feeding. Pregnant and breastfeeding women can get any of the vaccines available. For anyone who has a severe allergy to eggs or egg products (worse than hives), we will have a limited supply of cell-based vaccines available.
- We will also be offering the new Pfizer Bivalent COVID booster, which has been authorized for use at least two months after a booster or primary vaccine. There is no issue getting the two shots on the same day.

15. Who is administering the vaccines?

- VT Registered Pharmacists or Pharmacy Interns who are employed by Kinney Drugs will be administering all vaccines.

16. Where else can I get a shot for myself or my family?

- You and any family members under your plan can get flu shots at any pharmacy that accepts your State of Vermont Express Scripts insurance card (the State's pharmacy vendor). If it is not your regular pharmacy, be sure to bring your card with you! Check with the pharmacy first if you have children as they may need to be vaccinated at their doctor's office. You should contact them ahead to see about appointments and vaccine availability.

- You can contact your PCP about getting a shot. The shot is 100% covered by your VT State health insurance. However, some providers charge for the administration of the shot. You should check ahead of any appointment.

17.If I am over age 65, should I be getting a high-dose flu shot?

- Human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Also, aging decreases the body's ability to produce a good immune response after getting an influenza vaccine. A higher dose of antigen in the vaccine will give older people a better immune response, and therefore, better protection against flu.

High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) as compared to regular flu shots (quadrivalent). The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine and therefore, better protection against flu.

An adjuvant is an ingredient of a vaccine that helps promote a better immune response. This is an option for people ≥ 65 .

If you still have questions as to whether you should receive a High-dose or Adjuvanted vaccine, you should contact your primary provider. If there is a supply issue, you can also check with local pharmacies or your doctor's office as to availability. The most important thing is to get a shot, so we strongly suggest that you do not delay. Anything is better than nothing.

18.Does the CDC recommend one flu vaccine above another for people 65 and older?

- The CDC and its Advisory Committee recommends the high-dose or adjuvant vaccine for people 65 and older. If those are not available, they do recommend getting a quadrivalent flu vaccine versus not getting vaccinated at all. CDC recommends flu vaccination as the first and most important step in protecting against the flu.

19.Where can I find more information?

- Visit our 2022 Flu Page at <https://humanresources.vermont.gov/flu-program-2022> for directions and the 2022 Vaccine Information Sheet.
- Contact LiveWell Vermont State Employees Wellness Program at DHR.LiveWellVermont@vermont.gov or call 802-828-7308. You can also reach us by cell at 802-585-0813.
- For information on Flu Vaccines: Contact Vermont Department of Health (VDH) Immunization Program at 802-951-1234 or 800-464-4343 or visit <http://healthvermont.gov/hc/imm/index.aspx> or www.flu.gov.
- For info on COVID-19, visit the VDH's COVID webpages at: <https://www.healthvermont.gov/covid-19>.
- For the VDH COVID-19 FAQ: Visit <https://www.healthvermont.gov/covid-19/faqs> or reach out to the COVID-19 call center for information or assistance at 802-863-7240 or ahs.vdhcovid19maincallcenter@vermont.gov.